



HITS & GIGGLES

! YOUR TIME !

PLAYER'S KIT



Hits & Giggles is on YOUR time



Not the kids', not the partner's, not your Mum and Dad's. Do something for YOU.

And, make it worth your while! Hits & Giggles is your one-stop-shop for fitness, friendships, and that desire to learn something NEW.

A group of five women are standing in a row, smiling and laughing. They are in a squash court, with a red line visible on the wall behind them. The woman on the far left is wearing a pink shirt, the woman next to her is wearing a purple shirt, the woman in the middle is wearing a red shirt, the woman next to her is wearing a purple and white striped shirt, and the woman on the far right is wearing a blue and purple tank top. A dark semi-transparent box is overlaid on the image, containing text.

Hits & Giggles is...

... a fun introduction for women and girls to the sports of squash and/or racquetball in a supportive and judgement-free environment. Each week consists of a one hour session over the course of six weeks providing an opportunity for participants to learn new skills and meet like-minded women in the process.

An accredited coach will be on-site, providing participants with tailored programs to suit skill level, whilst helping to build confidence and self-esteem.



You need...

1. Clothes to be active in
2. A water bottle
3. A sense of humour
4. A desire to give something a go

Which one are you?

Beginner

You've got the will, but not the know-how. We've got you covered.

These sessions are all about learning new skills, confidence and having fun.

Intermediate

You've played before but want to improve.

Come along to re-visit the basics and build on your skills. And of course, have fun.

Advanced

You've played quite a bit but still yet to realise your potential.

Refine your basic skills, grow your awareness and accuracy! And, have fun.

Advanced Plus

You've played quite a bit before or currently playing competition and would like to refine your skills.

Increase your court awareness, accuracy and footwork whilst maintaining fitness, confidence and having fun.

Programs will be tailor-made to each of these four categories of participants.
See Appendix 1 or speak to your centre about which one is right for you!

Get going!

- Find a program – ask your local Centre or check Squash & Racquetball Victoria's website and Facebook page
- Tell a friend
- Sign up!

SEE YOU ON COURT!

Appendix 1: Program Levels

Unsure which program to join? This guide may help.

Beginner

The Hits & Giggles Beginner player is someone who has had little or no experience of Squash or Racquetball and would like to start from the very beginning. Basic skills are covered and the sessions are all about building confidence and skills whilst having fun.

A Hits & Giggles Beginner player is likely to...

- be unable to serve consistently or not confident with serving
- be unsure of the rules and how to play
- struggle to return the ball in a rally over 3 hits

Intermediate

The Hits & Giggles 'Intermediate' player is someone who has played before, either in previous Hits & Giggles Programmes or in the past and is looking to increase their capabilities. Basic skills are covered and the sessions are about building on existing skills and confidence whilst having fun.

A Hits & Giggles *Intermediate* player is likely to...

- be able to serve 3-5 times consistently and be semi-confident serving
- have a basic understanding of the rules and how to play
- able to return the ball in a rally over 3 hits, but struggle to return the ball in longer rallies

Advanced

The Hits & Giggles Advanced player is someone who has played quite a bit before, either going through several Hits & Giggles Programs or is socially active and would like to refine their skills. Basic skills are covered and refined, with the sessions about increasing awareness and accuracy whilst maintaining fitness, confidence and having fun.

A Hits & Giggles Advanced player is likely to...

- be able to serve consistently most times and be confident serving
- have a basic to intermediate understanding of the rules and how to play
- be able to rally consistently and confidently

Advanced Plus

The Hits & Giggles Advanced PLUS player is someone who has played quite a bit before or is currently playing metro pennant at a Ladies C Grade number 1 level or above and would like to further improve on their skills. Participants will be able to include in their repertoire squash drills that will allow them to: a) better tighten the ball to the side wall and achieve better length for straight drives and volleys, b) hit back wall drives, c) target more efficient crosscourt drives, drop shots and boasts. The sessions include an increase of court awareness, accuracy and footwork whilst maintaining fitness, confidence and having fun.

A Hits & Giggles Advanced PLUS player is likely to... ..

- be able to comfortably volley forehands and backhands